

# Following the Voice of Spirit

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A "Music & Message" workshop by Sheri Kling

Length: 3-4 hours



## Description:

Finding meaning and purpose in life can often seem as daunting as the search for the Holy Grail. But for many of us, drifting through life on "auto-pilot" just isn't a satisfying option. Is it possible to tap into an ever-ready source for guidance, encouragement and support? And if so, how can we discern its message? This workshop is based on the seemingly radical notion that yes, there is a Divine force or Spirit that is available to all of us if we're just willing to look and listen.

In this workshop, participants will:

- Explore the areas of healing, consciousness, myth, Jungian psychology and synchronicity to help you recognize the voice of Spirit in your own journey
- Engage in exercises and dialogue to help you discover where Spirit is already guiding you
- Learn how creating space in your life and honoring your inner voice can both improve your intuition and encourage the voice of Spirit to get louder
- And, you'll be uplifted and inspired by the music!

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## References:

*What a treat to hear your music! It is rich and powerful, capable of moving people to action and tears. There were so many people who spoke to me of their appreciation for your music. I heard great things about your workshop. It is wonderful to have you as a friend of Mary & Martha's Place. We look forward to future collaboration.*

~ Rebecca Parker, Program Developer, Mary & Martha's Place, St. Dunstan's Episcopal Church, Atlanta, GA

*Sheri has performed at The Listening Room at Dreamcatcher Guitars on three occasions. Her performances are always upbeat and engaging. She performs with confidence and engages the audience with interesting stories about the songs she has written. Her presentations are always professional and uplifting. I would highly recommend Sheri as a performer and workshop leader.*

~ Eddie Mathis, The Listening Room at Dreamcatcher Guitars

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## Bio:

For many years, Sheri Kling juggled her "day job" as a marketing professional with the work she loved – being a performing singer/songwriter. Around the time she released her CD "Let It Unfold" in late 2002, Sheri also started dreaming of a new life. And you know what they say – "Be careful what you wish for!" – because in May of 2003, Sheri found herself another statistic in the world of technology downsizing. Deciding to view this development as a much-needed Divine kick in the pants, Sheri followed the call into the heroic journey of building the life she'd always dreamed of – one that is centered in music and performance. In concerts and workshops, Sheri uses her heart-rooted and spirit-seeking music and story to share common truths about the journey toward wholeness and passionate, authentic living. Sheri has now released three CDs, is president of her own record label and production company, HeartSprings Music, and is also a producer and organizer of the Mythic Journeys 2004 conference honoring the centenary of Joseph Campbell as well as the upcoming 2006 conference. Her website is [www.sherikling.com](http://www.sherikling.com).

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*It's impossible to feel anything but good while listening to Sheri Kling's new release "Let It Unfold."*  
~ Indie-Music.com